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A MANUAL FOR

Sports Medicine and Interscholastic Athletics

IN NORTH CAROLINA PUBLIC SCHOOLS

Division of Health, Physical Education, Safety, and Sports
State Department of Public Instruction, Raleigh, N.C.

A MANUAL FOR

Sports Medicine and Interscholastic Athletics

IN NORTH CAROLINA PUBLIC SCHOOLS

Regulations Governing Athletics in the Public Schools (adopted by the State Board of Education, June 1952; revised 1954, 1957, 1962, 1964, 1965, 1967, 1972, 1973, 1975, 1976, and 1982).

Regulations Governing Sports Medicine in the Public Schools (adopted by the State Board of Education, February 1, 1976; readopted February 3, 1978; and amended November 8, 1979).

Additional copies of this handbook may be obtained from the Division of Health, Physical Education, Safety, and Sports; State Department of Public Instruction; Raleigh, N.C. 27611.

PREFACE

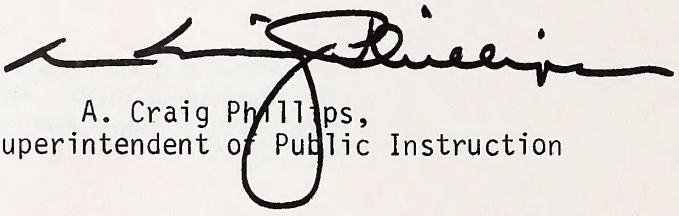
A number of individuals, agencies, and organizations share in the responsibility for establishing a safe environment and for making the administration of regulations governing Athletics in the public schools of North Carolina effective.

Realizing the need for acceptable standards for the operation of Athletic programs on a statewide basis, county and city superintendents, principals, and coaches of the State devised and recommended minimum regulations for consideration by the State Board of Education. The standards governing Athletics were adopted by the State Board of Education on June 5, 1952, and the guidelines for administering the Sports Medicine program were approved in 1979. The regulations governing Athletics, which are kept up-to-date through frequent amendments, have been considered as minimum standards for each local administrative unit--to abide by or surpass in efforts to maintain the highest possible safety and standards relative to Interscholastic Athletic and Sports Medicine programs.

The purpose of all eligibility rules and regulations is to keep competition equitable and to maintain a safe atmosphere while keeping Athletics in proper perspective with relation to the total educational program.

Athletic and Sports Medicine programs in the public schools in North Carolina will be as good and sound as those who administer and support them.

The underlying philosophy of these programs presupposes that they are for the good of the youngsters themselves just as are the other phases of the educational program. That is the way the citizens of North Carolina want them to be. Your cooperation to keep them that way is needed.



A. Craig Phillips,
State Superintendent of Public Instruction

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ACKNOWLEDGMENTS

The Athletics and Sports Medicine program areas of the Division of Health, Physical Education, Safety, and Sports joined efforts to develop A Manual for Sports Medicine and Interscholastic Athletics in North Carolina Public Schools. This publication will be used by the public and private schools of North Carolina to provide quality athletics programs and sports medicine services to all students.

Many hours of diligent work were spent in the completion of this document. The following individuals deserve special thanks:

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Particular tribute should be paid to the North Carolina High School Athletic Association for its numerous recommendations which assist the State Board of Education in keeping its rules and regulations current and effective. This joint endeavor keeps competition equitable and maintains athletics in proper balance with the whole program of education. The association's influence and leadership given to our high schools, particularly in the areas of conference alignment, classification, training officials, imposing appropriate penalties for violations, and the administration and supervision of play-offs and tournaments is appreciated.

Thanks also is expressed to Dr. A. Craig Phillips, State Superintendent of Public Instruction, who has demonstrated his continuing support for the work of the Division of Health, Physical Education, Safety, and Sports.

SECTION 1

Sports Medicine

Introduction

Development and Implementation of Sports Medicine Program in Secondary Schools in North Carolina

- Purpose of Sports Medicine Program in Schools
- Justification for Teacher Athletic Trainers
- Criteria for Receiving Teacher Athletic Trainer Funds (Guidelines) (Use of Funds)
- Employment of Teacher Athletic Trainers
- Responsibilities of Teacher Athletic Trainers
- Athletic Injury Reports and Records
- Staff and Assistants of Teacher Athletic Trainers

Sports Medicine Program in Middle/Junior High Schools

Introduction

This section of the manual pertains to the medical care of student athletes and how a school can develop its own sports medicine program. Every high school in North Carolina should be taking steps to implement sports medicine services for those students participating in sports activities.

The Sports Medicine Program, Division of Health, Physical Education, Safety, and Sports, State Department of Public Instruction, is a service agency to the schools of North Carolina. The Sports Medicine Program is available to assist in the development and implementation of sports medicine and paramedical services for local schools. The following pages will help local administrators develop a program for providing these services.

Development and Implementation of Sports Medicine Program in Secondary Schools in North Carolina

Purpose of Sports Medicine Program In Schools

The purpose of the sports medicine program in schools is: (1) to provide services regarding the prevention, emergency treatment, and rehabilitation of sports injuries to student athletes, and (2) to provide paramedical life-saving services (first aid and cardiopulmonary resuscitation (CPR) to students participating in any school activity. Teacher athletic trainers (TATs) are the individuals employed by local schools to coordinate the sports medicine program and provide these services. The TAT must be concerned about the safe participation of students in sports and other school activities and must work toward the total prevention of deaths and disabling injuries, as well as the reduction of all injuries and reinjuries.

Justification for Teacher Athletic Trainers

Statistics indicate that those schools which employ TATs have a lower rate of injury and a lower rate of reinjury than those schools which do not employ TATs. Schools which do not employ TATs have an injury rate of 50% and a reinjury rate of 71%, while schools which do employ TATs have an injury rate of 22% and a reinjury rate of 11%. Statistics also indicate that the more education and training in sports medicine TATs have, the lower the reinjury rate. Schools which employ an athletic trainer certified by the National Athletic Trainers Association (NATA) have a reinjury rate of 3%.

Because of the dramatic reduction in injuries and reinjuries demonstrated by statistical studies, the 1979 North Carolina General Assembly ratified House Bill 618, "An Act to Provide Sports Medicine and Emergency Life Saving Services to Students in the Public Schools." The General Assembly considered the need for teacher athletic trainers to be of such importance that the bill required the State Board of Education to develop a plan to have a teacher athletic trainer in every high school by 1984-85. The State Board of Education approved that, "each local education agency shall designate a teacher athletic trainer for each high school and provide the services therein by the beginning of the school term of 1984" (Regulation 16 NCAC 2C .0603).

Criteria for Receiving Teacher Athletic Trainer Funds

The purpose of the legislation ratified by the General Assembly is to assure the employment of a TAT in each high school and to train that TAT in the skills and competencies of athletic training. The bill requires the State

Board of Education to establish guidelines developed by the State Department of Public Instruction for funding TATs in each local high school. It does not specify a certain amount to be allocated to schools for a TAT, but the funds are restricted to a maximum of $500 per high school which has a qualified TAT. *(See Appendix A.)*

Guidelines

Guidelines approved by the State Board of Education that qualify the high school for State funds are as follows:

- The TAT must not have coaching responsibilities during the football season.
- The TAT must not have head coaching responsibilities in any sport except when approved by the State Department of Public Instruction.
- The TAT shall be in attendance at all football practices and games.
- The TAT shall keep accurate records on all injuries to student athletes and report any deaths or permanently disabling injuries to the State Department of Public Instruction.
- The decision regarding coverage by the TAT for sports other than football shall be made at the discretion of local administrators.
- The TAT should be "on call" for any emergency resulting in injury to a student or teacher in that school to which the TAT is assigned as a teacher.

NOTE: Application for these funds must be made each year by each high school having a qualified TAT. The TAT may be in the process of completing the minimum education requirements or may have already completed them.

Use of Funds

There are two ways these funds can be used:

(1) Reimbursement of any costs to the TAT for attending workshops or clinics sponsored or approved by the State Department of Public Instruction. These costs may include registration fees, tuition, lodging, per diem, mileage, or books necessary for completion of qualifications as a TAT.

(2) Supplemental salary for the TAT. Compliance with the requirements for funding shall be the responsibility of the LEA. Any unused funds shall be returned to the State Board of Education prior to June 30.

Employment of Teacher Athletic Trainers

The Sports Medicine Program of the Division of Health, Physical Education, Safety, and Sports of the State Department of Public Instruction is

available to assist schools in employing and/or training TATs. The options available for employment of TATs in the schools are as follows:

- A school may hire a teacher who already has sports medicine and paramedical skills, preferably an athletic trainer certified according to NATA standards. While North Carolina does not have a certification standard, NATA certification represents the highest level of expertise available to the athletic trainer. NATA certified athletic trainers have stringent educational requirements established by NATA and have passed a national certification exam.

- A school may select a current faculty member who is interested in sports and is willing to learn as much as possible about sports medicine. This faculty member can be educated through staff development programs. The State Board of Education has approved four courses as minimum requirements to qualify a teacher as an athletic trainer. These four courses are as follows:

  (1) Standard First Aid and Personal Safety

  (2) Basic Rescue in Cardiopulmonary Resuscitation (CPR)

  (3) Basic Athletic Training (*Approved by Sports Medicine Program, State Department of Public Instruction*)

  (4) Advanced Athletic Training (*Approved by Sports Medicine Program, State Department of Public Instruction*)

  NOTE: These courses are minimum requirements and do not represent certification.

The Department of Public Instruction's Sports Medicine Program encourages TATs to gain education beyond minimum requirements and continue their education in sports medicine. TATs are also encouraged to complete the *Intructor's Level* in first aid and CPR so that they can provide greater service to their schools by providing instruction to coaches and faculty members in these life-saving skills and techniques.

Responsibilities of Teacher Athletic Trainers

The major responsibilities of TATs are as follows:

- Instructional Responsibilities. Most athletic trainers have responsibilities as classroom teachers. The only time athletic training responsibilities should interfere with teaching responsibilities is in an emergency situation. Under certain circumstances, however, local administrators may choose to provide "release time" from classroom activities to permit athletic trainers the time necessary to treat and recondition injured students.

- Administrative Responsibilities. The TAT should be administratively responsible to the principal in the coordination of sports medicine and paramedical services for the school. Also, the TAT should be responsible for the development of the medical delivery system within the school.

- Supervisory, Advisory, and Additional Instructional Responsibilities. The TAT should be responsible for supervision of the training room facility, all equipment within the facility, and the student trainer staff. In addition, the TAT advises coaches, athletes, and parents with regard to the needs of athletes. The TAT also provides instruction in life-saving skills of first aid and CPR for coaches and other faculty members.

- Athletic Responsibilities. The TAT is athletically responsible to the athletic director and coaches. The TAT coordinates inservice instructional programs for coaches in the prevention and management of injuries, and reports injuries to the coaches so as to permit coaches the opportunity to plan and organize practice sessions.

- Medical Responsibilities. The TAT is medically responsible to the team and/or consulting physicians. The TAT should consult with physicians in the emergency treatment, follow-up treatment, and reconditioning of sports-related injuries. The TAT should coordinate pre-participation medical exams with local physicians.

- Inservice Education Responsibilities. The TAT is responsible for completing the minimum education requirements approved by the State Board of Education. It is recommended that the TAT continue to grow professionally through membership in the North Carolina Athletic Trainers Association (NCATA) and participation in the clinics and workshops sponsored by the NCATA and the Sports Medicine Program. The TAT should maintain current certification in first aid and CPR.

- Student Athlete Responsibilities. Most importantly, the TAT is responsible for the welfare of the student athlete. *(For more detailed outline of recommended responsibilities of the TAT, contact Sports Medicine Program; Division of Health, Physical Education, Safety, and Sports; State Department of Public Instruction; Education Building; Raleigh, N. C., 27611.)*

Athletic Injury Reports and Records

Record keeping is a vital part of any sports medicine program. It is very important that the TAT keep accurate and up-to-date records of injuries that occur to student athletes. Records of daily treatment are important as well as records of physician referrals. Records should be kept each time an athlete is treated by the TAT, each time a player is evaluated by a physician, and each time an activity is restricted by the TAT or the physician. Physician release forms should indicate permission for an athlete to return to activity and these should be on file.

The Sports Medicine Program, State Department of Public Instruction gathers data each football season through the Injury Reporting System (IRS). The IRS is designed to assist the TATs in the vital task of keeping accurate records and injury reports. This system helps TATs establish a system that will meet the needs of their programs for proper recording of injuries. All TATs qualifying for State funding must participate in the IRS according to the State Board of Education's approved guidelines. *(For copies of the forms, contact Sports Medicine Program; Division of Health, Physical Education, Safety, and Sports; State Department of Public Instruction; Education Building; Raleigh, N. C., 27611. (See Appendices B, C, D,)*

Staff and Assistants of Teacher Athletic Trainers

A teacher athletic trainer's job is very demanding; therefore, consideration should be given to the development of a staff of student trainers. With the proper training and education in sports medicine, these students can prove a valuable service to the high school athletics program.

The TAT can educate coaches in the management of sports-related injuries as well. These coaches, in turn, can provide sports medicine services until the athlete can be seen by the TAT and/or physician. It is important that coaches generally recognize and understand treatment of common injuries to be able to provide this service.

With the development and implementation of a medical delivery system sports medicine services can be provided to students participating in all sports. The TAT is responsible for coordinating this system and establishing the guidelines for coverage of all sports by coaches, physicians, and/or student assistants. (*Note: It is suggested that priority be given to those sports which have the highest risk of injury, such as football.*)

Sports Medicine Program in Middle/Junior High Schools

Because of the limited number of positions on middle/junior high school staffs, the assistant coach should have the responsibility of providing limited sports medicine services. Coaches who have this responsibility should have training in the life-saving skills of first aid and CPR. It is also recommended that this person complete courses in the management of sports-related injuries.

The TAT from the local high school should be available to provide extended services to middle/junior high schools. This service can include providing education to coaches in the area of injury management, first aid, and CPR. The TAT may also be available for follow-up treatment for those athletes who are injured in middle/junior high school competition. Reconditioning programs can be developed by the TAT for those injured athletes. Fortunately, injuries at the middle/junior high school level are usually fewer in number and of lesser severity.

SECTION 2

Interscholastic Athletics

Introduction

Athletic Programs for High Schools

- Eligibility Requirements for Student Participation in Interscholastic Athletic Contests
- General Regulations for Operation of Program in Public Schools
- Specific Requirements in Football
- Specific Requirements in Basketball

Athletic Programs for Middle/Junior High Schools

- Major Responsibilities
- Specific Clarifications of Rules and Regulations
- Game Conditions and Game Rules
- Enforcement of the Rules and Regulations

Introduction

Justification

Participation in athletic programs contributes to physical skill, emotional maturity, social competence, health and happiness, and moral values, and it teaches the values of cooperation as well as the spirit of competition. According to the Education Policies Commission, playing hard and playing to win are vital parts of learning self-discipline and good sportsmanship, and helps to build character. Athletics exemplifies the value of the democratic process and of fair play. Through team play, the student athlete may learn how to work with others for the achievement of group goals. Athletic competition can be a wholesome equalizer. Individuals on the playing field are judged for what they are and for what they can do, not on the basis of social, ethnic, or economic groups to which their families belong.

Purpose

The purpose of all eligibility rules and regulations is to keep competition equitable and to maintain athletics in proper perspective in relation to the total educational program.

Standards

Realizing the need for acceptable standards for the operation of sound athletic programs on a statewide basis, county and city superintendents, principals, and coaches of the State have devised and recommended minimum regulations for consideration by the State Board of Education. The standards, "Regulations Governing Athletics," were adopted by the State Board of Education on June 5, 1952. These regulations are considered as minimum standards for each local administrative unit to follow in maintaining the highest possible standards relative to its interscholastic athletic program.

Definition of "Interscholastic Athletic Contest:"

Any play between organized varsity, junior varsity, or freshman squads is defined as an "interscholastic athletic contest" or game and shall be subject to all regulations pertaining to such games.

Athletic Programs for High Schools

Eligibility Requirements for Student Participation in Interscholastic Athletic Contests

RESIDENCE RULE

Definition of "Resident"

A student is considered to be a resident if a parent or parents' domicile is within the administrative unit.

Change of Residence

When a change in residence occurs within an administrative unit, an otherwise eligible athlete is immediately eligible at the school to which he/she is then assigned by the local board of education.

Adjoining Boards of Education

When two adjoining boards of education within this state or two boards of education within the same county, by mutual agreement, assign a resident of one of these two units, the student athlete will be immediately eligible at the school to which he/she is legally assigned by the receiving board of education. This regulation does not permit the receiving board to release a student assigned in this manner to a third administrative unit. By accepting assignment in this manner, the student athlete gives up his/her athletic residency status in the administrative unit where his/her parents' reside unless he/she is subsequently released by the receiving board back to the sending board.

Guardianship

No guardianship will be acknowledged where a student has a living parent unless there has been a determination of abandonment of the student by such parent(s) or a determination that the student is a dependent juvenile as defined in Statute 7A-517 of the North Carolina Juvenile Code or comparable statute by a court of competent jurisdiction.

Non-resident Exceptions

A non-resident student will be considered as having attended his/her present school the previous year if he/she attended a middle, junior, or high school in the same unit. If a student's parents move out of an administrative unit after living there for at least two consecutive semesters, the student may remain and be eligible at his/her original school provided he/she does not enroll and attend classes at another school. If a student's parents have never been residents of an administrative unit or have been absent from the unit for more than one year, in order to be eligible for athletics, the student must have been in attendance within the previous administrative unit, either public or private, for two consecutive semesters.

ATTENDANCE RULE

Resident Attendance

A player must have been in attendance for at least 60% of the previous semester at an approved school. A student must also be properly enrolled within the first 15 days and in regular attendance for the present semester to be eligible for athletics.

Non-Resident Attendance

If a non-resident of the administrative unit, a player must have attended his present school 75% of his first two semesters and 60% of subsequent consecutive semesters.

Summer School Attendance

Summer school attendance shall not be counted in determining percentage of attendance for athletic eligibility.

RECRUITING RULE

A student shall not be recruited or subjected to undue influence by an individual or group of individuals to cause him to be transferred from one school to another for athletic purposes. (*Note: The conference or association will decide what constitutes undue influence on the basis of evidence presented in each case.*)

Clarification: An inducement by school or non-school officials to get parents or students to change residence for athletic reasons would constitute undue influence. Some specific examples of undue influence are as follows: (1) being asked to move by a member of a school's faculty; (2) being asked to move by members of a booster's organization; (3) persuasion by any member of a school's team; (4) being given tuition-free textbooks, allowance for transportation, or consideration not accorded other students, athletic or non-athletic; (5) any other evidence that a transfer or enrollment was made because of athletic ability.

AGE RULE

Age Limit

A high school student may compete in interscholastic athletics during that school year if his/her 19th birthday does not occur on or before October 16.

Definition of "School Year"

A "school year" consists of two semesters. (*Note: Local boards of education are to set their own semester dates prior to the start of the school year.*)

Legal Birth Date Evidence

Each principal shall have on file in his/her office evidence of the legal birth dates of each player. (*Note: In case of doubt as to age, the following evidence may be accepted as proof thereof: a copy of a birth certificate; a record from the State Bureau of Vital Statistics; an infancy baptismal record; a record from the attending doctor's register or cashbook, if specific; a news item at the*

(Legal Birthdate Evidence Continued)

time of birth from the local daily or weekly paper; or an official register sheet from the first grade. A birth date as shown on a foreign exchange student's passport is acceptable verification of his/her own age.)

SCHOLASTIC RULE

Minimum Load

A player must have passed a minimum load of work during the preceding semester to be eligible at any time during the present semester. However, if he/she passes a minimum load for the year, his/her record during the spring semester shall be immaterial to his/her athletic status during the fall semester.

Definition of "Minimum Load"

A "minimum load" is defined as three courses, each course meeting five periods per week and each period being at least 45 minutes in length or an equivalent amount of time for each course.

Required Courses

A player must receive passing grades on at least three courses the previous semester, one of which shall be either English, mathematics, social studies, science, or a foreign language. *(Note: In March of 1977, the State Board of Education approved the "Course of Study for Elementary and Secondary Schools, K-12" as North Carolina's official program of studies for each of the various subject areas and courses taught in the elementary and secondary schools of this state. These instructional areas include: Communication Skills; Mathematics; Science; Social Studies; Health, Physical Education, Safety, and Sports; Arts Education; and Vocational Education.)*

Double Courses

A "double course" is one which meets ten, 45-minute periods per week or an equivalent. A double course can be counted as two courses in determining athletic eligibility.

Retention of Eligibility

If an athlete is "academically" eligible at the beginning of any semester, that status is retained throughout the full period of the 90-day semester. It is the responsibility of the school principal to check the academic eligibility status of each athlete enrolled in the school within five days of the close of a semester and to certify findings to the superintendent of the administrative unit and to the appropriate athletic association.

Ineligibility at Beginning of Semester

A student who is not academically eligible at the beginning of the semester is not eligible at any time during the semester.

Incomplete Grades

A student who receives an incomplete in a subject which causes him/her not to meet the minimum academic requirements is ineligible until the course is satisfactorily made up, at which time his/her eligibility is restored.

Extended Day Students

Optional or extended day school students who meet all the eligibility requirements may participate in athletics for the school to which they would normally be assigned, provided the optional/ extended day school has no athletics program. The principal of the school at which the student plays shall be responsible for certifying their eligibility and shall have on file in his/her office all records necessary to determine eligibility.

Exceptional Children

Students enrolled in exceptional children classes shall be eligible for participation in interscholastic athletics, provided the program of instruction is in accordance with the recommendations of the State Department of Public Instruction; and provided, further, that, in the opinion of the principal and teacher, such a pupil is making satisfactory progress.

EIGHT SEMESTER RULE

Eligibility Limitation

A student, upon first entering grade nine, is eligible for competition on a high school athletic team only during the succeeding eight consecutive semesters.

Evidence of Entry into Ninth-Grade

The high school principal shall have evidence of the date of each player's entry into the ninth grade. (*Note: The North Carolina Cumulative Record will suffice relative to evidence of the date of entry into the ninth grade.*)

Middle and Junior High Student Participation on Senior High Teams

A ninth-grade student in a junior high school is eligible to participate on a high school team to which he/she will be assigned in any sport whenever the present school which the student attends does not sponsor a team in those sports. A middle or junior high school student who is overage for middle or junior high school play shall be eligible for high school participation.

Four Seasons of Play

A student may not participate more than four seasons in any sport.

College Students

A student who has enrolled and attended classes in a college will not be eligible for high school competition.
Clarification: This does not affect a regularly enrolled high school student who is taking a college course(s) for advanced credit.

Status of Opponents

Students in grades 10-12 may not participate with or against teams composed of students in grades 7-8.

Participation After Graduation

A student may not participate in school athletic contests after graduation or after being eligible for graduation from high school. (*Exception: Baseball and softball playoffs that extend beyond graduation.*)

DOUBLE PARTICIPATION RULE

A school athlete may participate on a non-school team or in a non-school athletic activity during his/her sports season provided there is no loss of school time and provided his/her school team does not play a game on the same day as the non-school event. Examples: (1) If a student is a member of a baseball team which plays a game on Tuesday, that student may not practice, try out, scrimmage or play a game for a non-school team or in a non-school athletic event in any sport that day. (2) A student plans to play with a non-school soccer team out of state on Saturday. He leaves school early on Friday to depart for the event. This is a violation since it involves loss of school time.

MEDICAL EXAMINATION RULE

A player must receive a medical examination once every 365 days by a physician licensed to practice medicine in order to be eligible for practice or participation in interscholastic athletic contests. Students absent from practice for five(5) or more consecutive days due to illness or injury shall receive a medical examination by a physician before readmittance to practice and contests. (*Note: It is required that a teacher athletic trainer be available at every high school, and it is recommended that all players and cheerleaders be covered by adequate medical and accident insurance--See guidelines presented under Sports Medicine Section.*) (*See Appendix E.*)

AMATEUR STATUS RULE

A student must be an amateur in order to be eligible to participate. If a student signs a contract for professional play or accepts remuneration as a participant in an athletic contest that student loses eligibility in that sport.

DRESSING AND SITTING ON BENCH

A player shall not dress for a game when he/she is not eligible to participate or play in a game. Dressing and sitting on the bench shall be interpreted as playing in the game.

General Regulations for Operation of Program in Public Schools

Unit Participation

A high school must participate in athletics as a school unit.

Practice Time

There shall be no interscholastic athletic practice during the regular school day. Team practice may not begin until after the last regularly scheduled instructional period.
Clarification: This regulation prohibits athletes, for example, who are scheduled for a last period physical education class or study hall to use this regular school period for the following: (1) viewing athletic films of opponents, (2) taping of a player, (3) dressing for athletic practice (*not to be confused with dressing for physical education*), (4) leaving school to report to a golf course, (5) assembling for "skull sessions," (6) interscholastic track team practice (*track and field activities in physical education should be encouraged*). In other words, interscholastic athletic practice is not to be conducted under the guise of physical education. (*Note: Weight training that is designed for overall muscle development and not restricted to a specific sport, such as football and wrestling, and is opened to all and required by none is permitted. Agility drills designed for a particular sport, however, are not to be a part of weight training.*)

National Federation Game Rules

All high schools participating in interscholastic athletics shall use the game rules as set forth by the National Federation of State High School Associations.

Last Period Study Hall

The practice of scheduling athletes for a last period study hall or a physical education class is discouraged. The only defensible basis for scheduling any student's daily activities should relate to the student's educational program. Membership on an athletic team should in no fashion dictate a student's schedule. Any attempt to schedule team members and coaches to a last period study hall imposes an unwarranted restriction upon the daily schedule of the student and staff involved. The student's day should be given to his/her educational program. Also, insofar as State allotted positions are concerned, the time of the staff member should likewise be devoted to the educational program during the regular school day.

Sunday Practice

There shall be no Sunday practice in any sport. This includes the assembling of athletic squads for purposes of viewing films, chalk talks, or other matters pertaining to the coaching of the team.

Change in Rules Authorization

Except for the eligibility rule in regard to age, the North Carolina High School Athletic Association shall have the authority to set aside the effect of any eligibility rule upon the individual high school student when, in its opinion, the rule fails to accomplish the purpose for which it is intended or when the rule works an undue hardship upon the student, provided such action shall be reported in writing to the State Superintendent of Public Instruction.

Eligibility Lists

In each high school sport, eligibility lists shall be certified by the principal and submitted to the Executive Director of the North Carolina High School Athletic Association five days before the first contest. All students must be approved by the N.C.H.S.A.A. office prior to dressing or participating in any interscholastic athletic contest, whether or not the sport is sponsored by the N.C.H.S.A.A. Checking and signing of any eligibility form is an administrative act signifying that the form has been received and that it is correct on its face. *(See Appendix F.)*

Number of Regular Season Games Permitted

(1) Football: The number of games which may be played during the regular season shall be limited to 10 in high school, and 7 for middle and junior high schools.

(2) Basketball: The number of games which may be played during the regular season shall be limited to 20 in high school, and 14 for middle and junior high schools. *(Note: High schools that do not play football may play six additional basketball games.)*
Clarification: Schools may play two additional regular season games in lieu of an authorized invitational tournament.

(3) Baseball: The number of games which may be played during the regular season shall be limited to 20 in high school, and 14 for middle and junior high schools.

Number of Weekly Scheduled Games or Meets Permitted

(1) Baseball--No more than three per week; third must be on a Saturday or on a non-school day for both teams. *(Exception: When a double header is part of the weekly schedule, the Saturday/non-school day requirement is waived.)*

(2) Basketball--Three; third must be on Saturday or on a non-school day for both teams.

(Number of Weekly Scheduled Games or Meets Permitted Continued)

(3) Cross Country--Two; not on consecutive days. (*Note: When meets must be postponed for emergency reasons, they may be rescheduled even if consecutive days are involved.*)

(4) Football--No more than one game.

(5) Golf--Two. (*Note: When meets must be postponed for emergency reasons, they may be rescheduled even if consecutive days are involved.*)

(6) Soccer--Two; not on consecutive days. (*Note: When meets must be postponed for emergency reasons, they may be rescheduled even if consecutive days are involved.*)

(7) Softball--No more than three per week; the third game must be played on a Saturday or a non-school day for both teams. (*Exception Where a double-header is part of the weekly schedule, the Saturday/non-school day requirement is waived.*) Clarification: Postponed double-headers may be rescheduled provided no more than four games are played in one week.

(8) Tennis--Two, except three per week during the month of April; the third game must be played on a Saturday or on a non-school day for both teams.

(9) Track--Two; not on consecutive days. (*Note: When meets must be postponed for emergency reasons, they may be rescheduled even if consecutive days are involved.*)

(10) Volleyball--No more than two matches, twice per week; one match, three times per week; or one match one day and two matches another day during the same week.

(11) Wrestling--No more than two dual meets, one triangular meet, one quadrangular meet, or one eight-team tournament per week.

Postponed Games

Any single contest postponed because of emergency reasons (e.g., inclement weather, epidemics, mid-term exams, etc.) may be rescheduled and played in addition to the regular number of contests allowed per week. With the exception of volleyball and postponed softball games, no team shall play more than three games in one sport per week.

"Sports Season" Concept

The "sports season" is defined as that period of time which begins with the opening date of practice (as called for by each individual school) and goes through the last regular or play-off game in a particular sport. No organized out-of-season practice may be conducted in any sport during the school year.

Summer Practice

In football, coaches may conduct summer workouts with their players under the following conditions: (1) practice shall be one-a-day periods not to exceed two hours in length, (2) no physical contact is allowed, and (3) helmets and shoes are the only authorized equipment. These summer workouts are to be oriented toward physical development and conditioning rather than team practice. In basketball, coaches may conduct summer workouts with their players after the end of the school year until August 1. Interschool competition is prohibited during that period.

Tournament/Play-off Competition

No high school team shall participate in any tournament or play-off games except county, conference, or invitational tournaments (*not to exceed eight teams*) and State play-offs. Any play-off games between regular season winner and tournament winners shall be considered as a second tournament.

A county, conference, or invitational tournament may be played at any time during the basketball season, not necessarily as a culminating activity.

Number of Tournaments Per Year Permitted

No more than two tournaments a year may be entered in any one sport. In cases where two teams are tied for fourth or last position in a tournament, the play-off for last place shall be considered the first round of the tournament. A double elimination tournament constitutes two tournaments.

Number of Tournaments Per Week Permitted

Tournament play for any team shall be limited to three days in any one week and no team, under any circumstances, shall play more than one game per day. When one or more tournament games are involved, a team may play a maximum of three games in one week.

Bona-fide Tournaments

No high school tournaments or games sponsored by organizations or individuals other than bona-fide public schools may be entered. Proceeds from a school-sponsored game or tournament shall not be turned over to an outside organization.

(Bona-fide Tournaments Continued)

A school is in violation of this regulation if a team or participants representing the school are entered in any game, tournament, or meet which is not sponsored and directed by a school, an athletic conference, or an athletic association.

Participation in a game, meet, or **tournament** sponsored and directed by a college, a civic club, or a non-school operated athletic club or association will not be in conformity with this regulation.

It is considered within the intent and purpose of this regulation for colleges, clubs, and organizations to assist the school organizations in promotion and operation of the game, meet, or tournament.

This regulation is applicable to swimming meets, track meets, and golf and tennnis tournaments, as well as the major sports.

The basic intent of this regulation is that schools and school organizations should, and are competent to, organize and direct any desirable athletic activity for the children in public schools. If additional games, meets, and tournaments are needed, schools and school organizations should organize and direct them.

Use of School Facilities

A school shall not permit the use of its facilities or of its employees, directly or indirectly, in the management, supervision, promotion, or player selection of any all-star team or contest involving high school players or those who, during the previous school year, were members of the high school team, unless such contest is first sanctioned by the North Carolina High School Athletics Association or, if interstate, by the Association and the National Federation of State High School Athletic Associations.

Unsanctioned All-Star or Bowl Games

No student shall be permitted to participate in an all-star or bowl game unless it is sanctioned by the North Carolina High School Athletic Association. Any student who has participated in an unsanctioned all-star or bowl game is ineligible for further participation. (*Note: This regulation does not apply to summer baseball and softball.*)

Clarification: An "all-star team" is a team composed of selected players from two or more regularly constituted teams which participate in a contest where admission is charged either directly or indirectly.

Head Coach

The head coach of any interscholastic athletic team shall be a bona-fide member of the faculty and, as such, shall be responsible for the supervision of athletic teams during all practices, games, and trips. Any person paid or employed as a principal shall not coach interscholastic athletic teams.

Non-teacher Head Coach

In extenuating circumstances and upon written request of a school's principal, the North Carolina High School Athletic Association may authorize parents to accompany individual participants in lieu of the coach at State-sponsored play-offs.

Gate Receipts

All gate receipts from school athletic contests must be handled in an appropriate manner by a bonded school treasurer as required by State law.

Officials

Officials certified by the North Carolina Athletic Officials Association must be used for varsity athletic contests in baseball, basketball, football, soccer, softball, volleyball, and wrestling.

Pre-season Scrimmages

All sports will be permitted one designated pre-season varsity scrimmage to be conducted in accordance with the National Federal game rules, and the competition is to be between two schools only. This scrimmage must be played prior to the week of the first regularly scheduled game or meet.

Penalty for Violations

The local board of education and the conference or association of which the school is a member is empowered to impose appropriate penalties for violations of these rules and regulations.

Specific Requirements in Football

Date of First Game

A school may play its first football game no earlier than the last week in August.

Practice

High school football practice may begin at anytime during the month of August as determined by the local board of education; but under no circumstances shall football practice be allowed prior to the first day of August in any given year.

Practice During Regular School Day

After the beginning of the ten-month term of employment for teachers, no pratice periods are permitted during the regular school day.

Physical Conditioning Week

The first six consecutive days of practice, exclusive of Sunday, shall be devoted entirely to physical conditioning activities. During this period, practice shall be limited to one period daily, not to exceed two hours in length, and with emphasis on physical conditioning. Except for a helmet and football shoes, no other football attire shall be worn. The required physical conditioning period in football will also apply to elementary (grades 7 and 8) and junior high teams (grades 7 and 8) and junior high teams (grades 7, 8, and 9). This physical conditioning week for these teams may begin no earlier than six consecutive days, exclusive of Sunday, prior to the beginning of the 180-day school term.

Contact Activities

Contact activities may begin on the seventh day of practice (i.e., as soon as the required physical conditioning phase or practice has been completed). Only one contact session per day may be conducted. During the time prior to the first day of the 180-day school term, a second daily practice session may be conducted for high school teams, provided it is conducted under similar provisions and with similar equipment limitations as are specified for the six days of physical conditioning. However, shoulder pads and dummies may be used to teach form blocking and tackling.

Spring Practice

No "spring football" practice is permitted. "Spring football" means football practice of any kind which is after the regular season and prior to the end of school.

Required Practice Before Contests

A player shall have participated in at least 11 separate days of team practice, five of which must be in pads, before participating in a football contest or a scrimmage with outside competition.
Clarification: The physical conditioning week may be waived for the following: (1) football players who have been involved in American Legion baseball play-offs or summer military camps beyond the August 1 deadline, and (2) soccer players who are kickers only.

Pre-season Scrimmages

One designated pre-season high school varsity football scrimmage in which only eligible players are permitted to participate will be permitted under the following conditions:
(1) Each player shall have participated in at least 11 separate days or practice, 5 of which must have been in full equipment.

(Pre-season Scrimmages Continued)

(2) A minimum warm-up time of 15 minutes is required. The total scrimmage time, exclusive of the warm-up, is not to exceed two consecutive hours regardless of the teams involved.
(3) This controlled scrimmage shall not be conducted during the week of the first regularly scheduled game.
(4) Kick-offs and punts are not allowed and no score shall be kept, but admission may be charged.
(5) Coaches are encouraged to be on the field for teaching purposes. Game officials shall be used, and they are to confer with players and coaches in regard to rule infractions. They are to be paid round-trip mileage.
(6) Everything else shall be conducted in accordance with all of the other rules governing athletics in the public schools of North Carolina.

Specific Requirements in Basketball

Date of First Practice

There shall be no organized basketball practice before October 15 and after the last regularly scheduled or play-off game. Any basketball activity prior to October 15 and after the last inter-school game shall be confined to intramural play.

Summer Games

Students may participate in organized basketball competition during the summer vacation period in local basketball schools, private camps, and community recreation leagues. There shall be no inter-school play during the summer. Any competition shall be non-school related.

Pre-season Scrimmages

One pre-season high school varsity basketball scrimmage will be permitted under the following conditions:

(1) The total scrimmage time, exclusive of the warm-ups, is not to exceed 90 continuous minutes regardless of the number of teams involved. A minimum warm-up time of 15 minutes is required.
(2) Coaches are encouraged to be on the court for teaching purposes. Game officials shall be used, and they are to confer with players and coaches in regard to rule infractions. They are to be paid round-trip mileage.
(3) No score shall be kept.

Athletic Programs for Middle/Junior High Schools

The administration of interscholastic athletic competition in sports for students in the middle/junior high schools has been modified by the North Carolina State Board of Education. The safety of the participants has been the dominant factor in the establishment of the suggested policies, rules, and game conditions under which students in this program compete.

Interscholastic athletic competition for students in middle/junior high schools is capable of satisfying such basic needs as belonging, recognition, self-respect, and feelings of achievement, provided they are administered in a manner which is adapted to the needs and interests of each student.

Each school has the responsibility of adapting the program to meet individual differences, providing qualified leadership, selecting the right activities, and being able to withstand community pressures.

The primary emphasis in conducting an athletic program for middle/junior high school students should be exploratory rather than specialization.

More restrictive policies may be adopted for locally approved programs if desired.

The general eligibility rules and specific sports game conditions and rules governing interscholastic athletics, as set forth by the North Carolina State Board of Education, are based on safety for the participants. In addition, the effectiveness of the athletics programs is contingent on the school administration and the coaching staff's adoption and enforcement of supporting philosophy and rules. The importance of a thorough understanding of the athletics program by the essential personnel in participating schools cannot be overemphasized.

Major Responsibilities

It will be the responsibility of the administrators and coaches concerned with the interscholastic athletics program for middle/junior high schools to:

1. Provide a broad and varied program with an opportunity for competition on an equal basis for all students. A desirable program will encourage participation in intramural competition at several achievement levels and provide inter-school competition in a sports program for the more talented in as large a variety of sports as possible.

2. Administer the program in such a manner that participants are properly examined medically, administratively approved, equipped, insured, selected, classified, instructed, and supervised so that the safest program possible is conducted.

3. Administer the program in the proper perspective relative to academics and with restrictions on loss of school time, publicity, awards, and yet to provide competent officials to administer the game with equity and clarity.

4. Compete within the spirit of the rules, to give every opponent due credit and respect, and to make every effort to win honorably and to lose graciously.

5. Provide qualified faculty leadership who understand the teaching of sports to this age group--in terms of their growth and development.

6. Operate the program in a financially sound manner.

7. Abide by the rules and regulations as set forth by the North Carolina State Board of Education.

Specific Clarifications of Rules and Regulations

Game Rules

All middle, junior, and senior high schools participating in interscholastic athletics for boys and girls shall use the game rules as set forth by the National Federation of State High School Associations. National Federation game rule books available in all sports may be obtained by writing the National Federation of State High School Associations, P. O. Box 20626, Kansas City, Mo., 64195.

Eligibility Lists

Five days before the first contest, two copies of this list shall be filed by the principal with the superintendent of schools who will approve and send one copy to the Director, Division of Health, Physical Education, Safety, and Sports; State Department of Public Instruction; Education Building; Raleigh, North Carolina, 27611. If securing the approval of the superintendent will delay meeting this deadline, the lists should be sent directly to the State Department of Public Instruction with a copy to the superintendent.

No Interscholastic Athletics Below Grade 7

There shall be no competitive play in grades K-6 involving two schools. Elementary schools are to limit their competition to play days, sports days, and intramural type activities.

Composite Teams

When an administrative unit is experiencing difficulties in organizing interscholastic athletic teams at the middle/junior high school levels, a local board of education may form composite teams with students from different schools within the administrative unit.

Postponed Games

Any single contest postponed because of emergency reasons (e.g., inclement weather, epidemics, midterm exams, etc.) may be rescheduled and played in addition to the regular number of contests allowed per week. A team shall play no more than three contests in any sport per week.

Tournaments and Championships

Middle/junior high school teams are permitted to participate in one school tournament or play-off championship game in each sport.

Tournament Restrictions

In tournament competition, teams are to play no more than three games--three games per week are permitted and only one game per day. Tournaments and championships shall be organized as a culminating activity of the season's play.

Pre-season Scrimmages

Pre-season scrimmages with other school or non-school teams are not permitted in any sport.

Sports Season

The sports season for a school is defined as that period of time which begins with the opening date or practice and goes through the last regular or play-off game in a particular sport.

Age Requirements

A student shall not participate on a ninth-grade junior-high school team if he/she becomes 16 years of age on or before October 16 of said school year.

A student shall not participate on a seventh or eighth grade middle school team if he/she becomes 15 years of age on or before October 16 of said school year.

Overage Student

A student who is overage for middle/junior high school play shall be eligible for senior high school participation.

Organization of Teams By Grades

Students on teams below the ninth grade shall not play or practice against interscholastic athletic teams which have members above the ninth grade.

Ninth-Grade Students

A ninth-grade student assigned to a junior-high school is eligible to participate on a high school team which he/she is likely to be assigned when the present school which the student attends does not sponsor a team in that sport.

Number of Games Permitted Each Week/Season

A middle/junior high school team or individual may participate in only one regularly scheduled football game per week. In all other sports, students may participate in two regularly scheduled contests per week. Teams and individuals shall not participate in more than 7 football and 14 other athletic contests during the regular season. (*Note: Tournament and championship games are excluded from the regular season. Postponed games may be played in addition to the regularly scheduled games per week. No more than three games shall be played per week; no more than two football games shall be played per week.*)

Night Contests

Middle/junior high school teams shall not be permitted to play athletic contests on a night followed by a school day. Starting times for night games shall be no later than 7:00 p.m. (*Exceptions: Friday nights, if not followed by a school day; days prior to a holiday; Saturdays.*)

Summer Workouts

Coaches are allowed to work with their players during the summer in all sports. These workouts may begin after the last school day and continue until the first fall sports season begins. The purpose of these workouts should be individual development and instruction rather than team practice. There shall be no inter-school play during the summer workouts. Any competition shall be non-school related.

Double Participation

A student athlete may participate on a non-school team or in a non-school athletic activity during his/her sports season provided there is no loss of school time and provided his/her school team does not play a game on the same day as the non-school event. [*Examples: (1) If a student is a member of a school baseball team which plays a game on Tuesday, that student may not practice, try out, scrimmage, or play for a non-school athletic event in any sport that day, even if the student does not play in the school game. (2) A student who plans to play on a non-school soccer team out of state on Saturday and he/she leaves school early on Friday to depart for the non-school event will be in violation of this rule due to the loss of school time.*]

Eligibility Rule

The basic athletic eligibility requirements shall be the same for all students grades 7-12.

Game Conditions and Game Rules

BASEBALL

Game Conditions

(1) Organized practice shall not begin before February 15.
(2) The first inter-school game shall be played no earlier than March 15.
(3) A player should have participated in at least 10 separate days of practice before participating in a game.
(4) The number of games which may be played during the regular season shall be limited to 14 for middle/junior high schools.
(5) No more than two games shall be played per week. Under no circumstances may doubleheaders be played.
(6) It is recommended that two certified officials be used.

Game Rules

(1) A regulation game consists of seven innings unless extended because of a tie score.

(2) Suspended games: The North Carolina High School Athletic Association has adopted the suspended game rule (*see note under Rule 4-2-5 of the National Federation Rule Book*), effective upon mutual agreement of competing schools or by conference adoption. The suspended game rule may be used by middle/junior high schools.

(3) A player shall not pitch more than 12 innings in one week and no more than 7 innings in any one game.
Interpretation: A week means a period of seven consecutive days. This time period starts from the time a player first begins pitching and ends seven days later.

BASKETBALL

Game Conditions

(1) Organized practice shall not begin before October 15.
Interpretation: Any basketball activity prior to October 15 and after the last inter-school game shall be confined to intramural play.

(2) A player should have participated in at least 10 separate days of practice before participation in a game.

(3) The number of games which may be played during the regular season shall be limited to 14 for middle/junior high schools.

(4) No more than two games shall be played per week.

(5) It is recommended that two certified officials be used.

Game Rules

(1) Games involving students below the ninth grade shall be played in six-minute quarters. Teams which combine ninth-grade students with students in the eight and/or seventh grades may be played in eight-minute quarters.

CROSS COUNTRY

Game Conditions

(1) Organized practice shall not begin before the regular term opening of school.

(2) A player should have participated in at least 10 separate days of practice before participation in an inter-school meet.

(3) The number of meets which may be played during the regular season shall be limited to 14 for middle/junior high schools.

Game Rules

(1) The distances for cross country are: 2 miles for ninth-grade students; 1 1/2 miles for students in grades seven and eight.

(2) Runners shall wear shoes.

FOOTBALL

Administration

The program should be administered so that all safety precautions are observed. Every effort should be made during practice and game situations to pair players of equal ability. A thorough period of screening for a period of two weeks should be conducted. Practice should include: basic conditioning, running, cutting, fallings, rolling, catching, kicking, line and backfield fundamentals, blocking and tackling techniques, and ball handling drills. Dummies and sleds should be used and no player should be permitted in live contact drills until he has proven his ability to partake in them. Contact drills should be conducted against equals only. Team play leading to game situations should be taught through controlled scrimmages with players placed in groups of similar physical maturity and skills.

Properly fitted equipment, of good quality, is mandatory for safe participation in football. All essential protective devices are to be used. School administrators and coaches are responsible for seeing that equipment meets safety rule standards. It is recommended that a physician be present at all contests and readily available during practice sessions and that coaches be certified in first aid and CPR. Water or electrolytic fluids should be available at all times during practice and games. Proper officiating is a most important safety factor. The use of the fast whistle and strict enforcement of all rule violations is encouraged.

Game Conditions

(1) The first six consecutive days of practice shall be devoted entirely to physical conditioning activities. During this period, practice shall consist of non-contact activities with emphasis on physical conditioning. Except for a helmet and football shoes, no other football attire shall be worn. This mandatory physical conditioning week may begin no earlier than six consecutive days, exclusive of Sunday, prior to the beginning of the 180 day school term.

(2) A player shall have participated in at least 11 separate days of team practice, 5 of which are to be in full equipment before participating in a football game. Practice shall be limited to one period daily, not to exceed two hours in length.

(3) The number of games played during the regular season shall be limited to seven for middle/junior high schools. Free substitution is to be encouraged.

(Game Conditions Continued)

(4) No more than one game shall be played per week.
(5) Spring football practice is not permitted.
(6) If at the end of the fourth quarter the teams have identical scores, the tie may be resolved by the method of the 10 yard line overtime procedure as set forth by the National Federation Rule Book. The tie-breaker shall be used in conference and championship games only.

Game Rules

(1) Games involving players below the ninth grade shall be played in eight-minute quarters. Games involving combinations of ninth-grade students with students in the eighth and/or seventh grades may be played in 10-minute quarters.
(2) Summer workouts: Coaches are permitted to conduct workouts with their players during the summer. These workouts may begin after the last day of school and end at the beginning of the fall sports season. Superintendents and principals are encouraged to see that their coaches orient these summer workouts toward individual development and instruction rather than team practice. During this period, workouts shall consist of non-contact activities. (*Note: Students involved in "summer workouts" are required to complete the mandatory physical conditioning week.*)

GOLF

Game Conditions

(1) Organized practice shall not begin before the fall regular term opening of school.
(2) A player shall have participated in at least five outdoor practices before participating in an inter-school contest.
(3) A player shall not play more than nine holes in one match.
(4) In tournament play, a player is permitted to play 18 holes in one match.
(5) No more than two matches shall be played per week.
(6) Girls on boy's teams shall play from the same tee markers.
(7) The number of matches played during the regular season shall be limited to 14 for middle/junior high schools.

GYMNASTICS

Game Conditions

(1) Practice sessions shall not begin before October 15. A minimum of 10 separate days of practice should be held before the first inter-school contest.

(Game Conditions Continued)

(2) No more than two meets shall be played per week.
(3) The number of meets which a competitor may participate in during the regular season shall be limited to 14 for middle/junior high schools.

SOCCER

Game Conditions

(1) Organized practice shall not begin before the regular term opening of school.
(2) At least 10 practice sessions should be held before a game may be played.
(3) It is recommended that two certified officials be used.
(4) The number of games which may be played during the regular season shall be limited to 14 for middle/junior high schools.
(5) No more than two games shall be played per week.

Game Rules

(1) The game shall be played in two 30-minute halves.

SOFTBALL

Game Conditions

(1) Organized practice shall not begin before the regular term opening of school.
(2) A player should have participated in at least five separate days of practice before participating in an inter-school game.
(3) No more than two games shall be played per week. A double-header in softball is permitted where mutually agreed upon by teams involved.
(4) The number of games which may be played during the regular season shall be limited to 14 for middle/junior high schools.

TENNIS

Game Conditions

(1) Organized practice shall not begin before the regular term opening of school.
(2) A player should have participated in at least five practice sessions before participating in a game.
(3) The number of matches which may be played during the regular season shall be limited to 14 for middle/junior high schools.
(4) No more than two matches shall be played per week.

TRACK AND FIELD

Game Conditions

(1) Organized practice shall not begin before the term opening of school.
(2) The number of meets which may be played during the regular season shall be limited to 14 for middle/junior high schools.
(3) Each player should have a minimum of 10 separate days before participation in a meet.
(4) No more than two meets shall be played per week.

Game Rules

(1) Ninth-grade students may compete in a maximum of four events, of which only three may be running events, including relays.
(2) Seventh and eighth-grade students may compete in a maximum of three events, all of which may be either running or field events.
(3) The maximum distance a player may run in one event is one mile for students in grades 7 and 8, and two miles for students in grade 9.
(4) When a player runs a single race of 880 yards or more, any other race shall be less than an 880.

Order of Events

The following order of events were developed to assist coaches in arranging track and field competition for students in grades seven, eight, and nine. Unless by mutual agreement of the officials of the competing teams, the order of events shall be shown in the following tables:

TRACK EVENTS

9th Grade		7th & 8th Grades	
Boys	**Girls**	**Boys**	**Girls**
75 m High Hurdles	75 m Low Hurdles	---	55 m Low Hurdles
100 m Dash	100 m Dash	100 m Dash	100 m Dash
---	800 m Relay	1600 m Run	1600 m Run
1600 m Run	1600 m Run	(or 1200 m)	(or 1200 m)
400 m Relay	400 m Relay	400 m Relay	400 m Relay
400 m Dash	400 m Dash	400 m Dash	400 m Dash
165 m Low Hurdles	---	110 m Low Hurdles*	---
100 m Run	800 m Run	800 m Run	800 m Run
200 m Dash	200 m Dash	200 m Dash	200 m Dash
3200 m Run	3200 m Run	800 m Relay	800 m Relay
1600 m Relay	1600 m Relay		

* *In meets involving only 7th and 8th grade boys and girls, the boys 110 m low hurdles may be run as the first event.*

FIELD EVENTS

9th Grade		7th & 8th Grades	
Boys	**Girls**	**Boys**	**Girls**
High Jump	High Jump	High Jump	High Jump
Long Jump	Long Jump	Long Jump	Long Jump
4.0 kg Shot	4.0 kg Shot	4.0 kg Shot	4.0 kg Shot
Discus	Discus	Discus	Discus
Pole Vault		Pole Vault	

HURDLE SPECIFICATIONS

Event	Hurdle Height	No. of Hurdles	Start to First Hurdle	Between Hurdles	Last Hurdle to Finish
Boys 75 m H.H.	36" (or 39")	6	13.716 m(45')	9.144 m(30')	15.564 m (51' 1")
Girls 55 m L.H.	30"	5	13.0 m	8.5 m	8.0 m
Girls 75 m L.H.	30"	7	13.0 m	8.5 m	11.0 m
Boys 110 m L.H.	30"	5	18.288 m(60")	18.288 m(60') 20.56 m(67' 5 1/2")	
Boys 165 m L.H.	30"	8	18.288 m(60')	18.288 m(60') 18.698 m(61' 4")	

Field events should be started before the running program in order to be completed prior to the final running event.

Specification for Implements Used in Events

(1) The discus shall weigh 2 lbs., 3.27 oz. (1 kg) and have the following minimum and maximum dimensions: Diameter 7 1/8 in.- 7 1/8 in. (180 mm - 182 mm) with a thickness of 1 1/2 in. - 1 5/85 in. (37 mm- 39 mm) at the center and 1/2 in. - 1/4 in. (12 mm - 6 mm) from the outer edge which shall be rounded with a radius of 1/4 in. (6 mm). The discus shall have a core 2 in. (50 mm). All other specifications are listed in Rule 6-3-1.

(2) The shot shall consist of a solid sphere of any metal not softer than brass weighing 4.0 kg (8 lbs., 13 oz.). It shall have a diameter of at least 3 3/4 in., but not more than 4 1/4 in. (95 - 108 mm).

(3) The scratch line in the long jump should be approximately 8 ft. from the near edge of the landing pit.

(4) Other equipment will be similar to that used at the high school level.

VOLLEYBALL

Game Conditions

(1) Organized practice shall not begin before the regular term opening of school.
(2) A player should have participated in at least 10 practice sessions before participating in a game.
(3) The number of matches which may be played during the regular season shall be limited to 14 for middle/junior high schools.
(4) No more than two matches shall be played per week; however, two matches in one day are permitted.

Game Rules

(1) A team which has scored 15 points and is at least two points ahead is the winner. If a leading team does not have a two-point advantage, play shall continue until one team has a two-point advantage. A timing device shall not be used to determine the playing time.
(2) A match is restricted to three games. The match shall be determined when a team has won two games.

WRESTLING

Game Conditions

(1) Organized practice shall not begin before November 1. A minimum of two weeks of practice should be held before any interschool meet is conducted. Practice sessions should not exceed 1 1/2 hours.
(2) The number of matches which an individual may participate in during the regular season shall be limited to 14 for middle/junior high schools.
(3) Weight classifications: Competition shall be divided into 13 required weight classes for students in junior high schools grades 7, 8, and 9 as follows: 78, 88, 98, 104, 112, 119, 126, 132, 145, 155, 167, and unlimited. Competition shall be divided into 13 required weight classes for students in middle school grades 7 and 8 as follows: 68, 78, 88, 98, 105, 112, 119, 126, 132, 140, 150, 160, and unlimited.
(4) Time of bouts: First period shall be one minute; second and third periods shall be two minutes. There shall be no extra periods to determine an individual winner.
(5) No wrestler may represent his school in more than one weight class in any meet or compete in more than three full-length matches in tournament or championahip play in any one day. A minimum of one hour of rest between matches shall be observed.

(Game Conditions Continued)

(6) An individual shall compete in no more than two matches per week.
(7) A contestant shall not wrestle more than one weight class above the class for which his actual stripped weight, at the end of the weigh in, qualifies him.
(8) It is recommended that certified officials be used.
(9) A third and fourth place may be determined in tournament play.

Enforcement of the Rules and Regulations

There are misconceptions of how rules are enforced and who imposes penalties for violations of the regulations.

Most violations of eligibility rules are discovered by the local administrators before the eligibility reports are mailed in.

Most school administrators insure that eligibility rules are not violated. When there is a violation, the offending school is usually the first to report this violation. Someone from within the community where the school exists is the next most likely person to report a violation. Finally, opponents of the violating school do report offending teams, but this is minimal.

We can conclude, and proudly, that most local schools control their own activities, as the incidence of opposing teams having to report rule violators is low.

Penalties have not been assigned in advance as we have felt that the observance of the rules and regulations is more to be desired than the enforcement of them. The essence of proper and willing observance is higher than enforcement and we resort to enforcement only when observance fails.

Recommended Provisions to be Followed to Insure Adherence to the Intent and Purposes of the APA as These Rules Apply to Middle Schools (Grades 7-8) and Junior High Schools (Grades 7, 8, and 9)

The conference to which a school is a member, or if not a member of a conference, the local board of education, is vested with the power to penalize a school from play for a period of time not to exceed a year for violation of the Rules and Regulations Governing Athletics and for the unsportsmanlike conduct of its teams, coaches, students, or fans. Each school is responsible for the conduct of its teams, coaches, students, and fans at games both at home and away. The conference will be enpowered to impose other penalties not specified herein, to a degree in keeping with the seriousness of the violation. The party or parties concerned shall have the privilege of requesting a hearing before the conference for a review of the case and the action taken. All schools that participate are encouraged to affiliate with a conference in the area.

I. Proposed Penalties for the Following Violations:

A. Playing an ineligible player--Any middle or junior high school that uses an ineligible player in any contest is to immediately drop the player from the team, forfeit all games for which the ineligible player dressed, and the school is automatically placed on probation. If while on probation a school is found to be guilty of additional violations, that school may be barred from participation in the sport for a period of one year.

B. If a student violates the double participation rule, he shall be declared ineligible in that sport during the remainder of the season and the school shall forfeit all games for which the ineligible student dressed.

Schools using eligible but non-certified students shall be placed on probation.

C. If a coach or school official "pulls" his team off the floor or field before the termination of the game, the coach will be placed on probation and his school will be automatically suspended from playing and will remain suspended until the conference holds and renders a decision. Both schools involved shall immediately report the incident to the conference.

All penalties and violations shall be reported in writing to the Director; Division of Health, Physical Education, Safety, and Sports; State Department of Public Instruction, who will have the State Superintendent's Advisory Committee review all reports of negligence and will recommend additional penalties to the State Superintendent when such penalty is deemed necessary.

Schools not filing an eligibility form with the State Department for any interscholastic athletic team may be placed on probation.

II. Definitions of Probation and Suspension:

A. Probation--If a school or coach is put on probation, the school or the coach is put on trial for a specific time. At the end of this period the conference will review the coach or school's conduct and behavior and advise the school of its status. During the probationary period a school or a coach may participate in all interscholastic activities unless otherwise stipulated by the conference. If while on probation a school or coach is found guilty of a second violation, the school shall be barred from participation and the coach barred from coaching for one year.

B. Suspension--The conference may suspend a school in a particular sport or in all sports not to exceed one year.

APPENDICES

APPLICATION

For

TEACNER ATHLETIC TRAINER FUNDS

1983-84

EDUCATION REGION (Circle) 1 2 3 4 5 6 7 8

LOCAL EDUCATION AGENCY _____

NIGN SCNOOL _____

ADDRESS _____

TEACHER ATNLETIC TRAINER (TAT) _____

YEARS OF EXPERIENCE AS ATHLETIC TRAINER _____

TEACHER CERTIFICATION AREA _____

SPORTS MEDICINE COURSES COMPLETED BY TNE TAT (List all sports medicine courses taken since 1972-73 and since grsduation from college. Do not include undergrsduste courses.)

Cerdio-pulmonery Resuscitstion: Year_____ Certifying Agency _____

First Aid: Yesr_____ Neme of Course _____

Certifying Agency _____

Athletic Training Courses:

Year	Location	Instructor
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

(If more spece is needed, record courses on separete pege.)

PLEASE ANSWER THE FOLLOWING QUESTIONS:

Does the TAT designated on this form sttend ell football practices?

Yes ____ No ____ Sometimes (explein)_____

Does the TAT designeted on this form ettend footbell games et home end awey?

Yes ____ No ____ Sometimes (explein)_____

Does the TAT designeted on this form heve coeching responsibilitiee during the footbsll seeson?

Yes ____ No ____ If yes, please explain. _____

_____

OVER

Does the TAT designated on this form have coaching responsibilities in any other sport?

Yes _____ No _____

If yes, identify those sports and whether the TAT is head coach or assistant.

_____

_____

Does the TAT designated on this form provide athletic training services to any sport other than football? Yes _____ No _____

If yes, please identify the sports and indicate whether girls or boys' sports.

_____

_____

Is the TAT designated on this form "on call" for students othcr than athletes when an injury occurs? Yes _____ No _____

Sometimes (explain) _____

INTENDED USE OF FUNDS:

Please review the guidelines carefully and indicate the intended use of the funds allocated for the high school teacher athletic trainer identified on this form:

_____

_____

_____

_____

_____

I certify that I have reviewed the guidelines approved by the North Carolina Board of Education and that the funds sllocated shall be used in accordance with these guidelines.

_____

Superintendent's Signsture

Return application by August 16 to:

Division of Health, Physical Education, Safety and Sports
Education Building
Raleigh, NC 27611

INJURY REPORTING SYSTEM

SPORTS MEDICINE DIVISION
N. C. DEPARTMENT OF PUBLIC INSTRUCTION

This system is designed to assist the Teacher Athletic Trainer in the vital task of keeping accurate records and injury reports. The main purpose is to aid in the reduction of injuries and reinjuries and eliminate sports related deaths. All reporting material is to be recorded with the Sports Medicine Division of the State Department of Public Instruction.

Recordkeeping is very important in following the progress of an injured athlete. This accurate daily procedure will also help prevent the athlete from coming back years later to say he/she was not properly cared for. The entire recording system will benefit the athletes in the high schools across North Carolina.

Definitions:

Recorder: The individual designated to register, in writing, the proper data concerning the injured athlete and report this information with the IRS of the Sports Medicine Division.

Injury: The injury or condition (i.e., influenza, drugs, tobacco poisoning, etc.) that merits recording is one that occurs to an athlete which causes the athlete to miss a practice (or game) or alters the athlete's participation in a practice (or game) so far as to prevent any contact during the practice (or game).

POSITION WHEN INJURED

OFFENSE
- 10 QUARTERBACK
- 20 RUNNING BACK
- 30 WIDE RECEIVER
- 40 OFF. INT. LINEMAN
- 50 TIGHT END

DEFENSE
- 60 LINEBACKER
- 70 SECONDARY
- 80 DEF. LINEMAN

SPECIAL TEAMS
- 90 KICKING UNIT
- 100 RETURN UNIT

ACTIVITY WHEN INJURED

- 11 FIGHTING
- 12 HORSEPLAY
- 13 TACKLING
- 14 TACKLED
- 15 BLOCKING
- 16 BLOCKED
- 17 UNINTENDED COLLISION, NON-PLAYER
- 18 OTHER, NO CONTACT

SITUATION WHEN INJURED

SCRIMMAGE CONDITIONS	NON-SCRIMMAGE CONDITIONS
101 RUNNING PLAY	201 SLED DRILLS
102 PASSING PLAY	202 BLOCKING DRILLS
103 BROKEN PLAY	203 TACKLING DRILLS
104 PUNT	204 RUNNING DRILLS
105 FIELD GOAL ATTEMPT	205 PASSING DRILLS
106 POINT AFTER TD	206 KICKING DRILLS
107 KICKOFF	

Appendix B

SPORTS MEDICINE DIVISION

LOCATION OF INJURY

S P E C I F I C

01 Head (concussion)
02 Face (Eye, Chin, Jaw)
03 Nose
04 Dental
05 Neck (Brachial Plexus)
06 Neck (Cervical Spine)
07 Shoulder (Glenohumeral joint/ scapula)
08 Clavical (Acromio-/Sterno-)
09 Upper Arm
10 Elbow
11 Forearm
12 Wrist
13 Hand (Finger,thumb)
14 Chest (Ribs/Lung/Sternum/Breast)
15 Heart
16 Back
17 Coccyx/Sacrum
18 Abdomen
19 Spleen
20 Internal Organ
21 Kidney
22 Hip
23 Groin
24 Thigh
25 Knee, Ligament
26 Knee, Miniscus
27 Knee (Condromalacia, Tendinitis, etc.)
28 Patella
29 Shin
30 Calf
31 Ankle
32 Foot (toes, arch, heel)
33 Heat Illness

Non-Sports Related

34 Flu, cold, etc.
35 Tobacco Poisoning
36 Other (Note at bottom of report sheet)

SPORTS MEDICINE DIVISION

CONDITION OF INJURY

10 GENERAL TRAUMA
11 Abrasion
12 Contusion
13 Puncture
14 Laceration
15 Bursitis, Tendinitis, Tenosynovitis
16 Muscle Cramps/Spasm

20 NEUROTRAUMA
21 1st Degree Concussion
22 2nd Degree Concussion
23 3rd Oegree Concussion
24 Nerve Contusion
25 Nerve Disorder

30 BURN (Blister, hotspot, etc.)

40 SPRAIN
41 1st Degree Sprain
42 2nd Degree Sprain
43 3rd Oegree Sprain
44 Subluxation, Acute
45 Subluxation, Recurrent
46 Dislocation, Acute
47 Oislocation, Recurrent

50 STRAIN
51 1st Degree Strain
52 2nd Degree Strain
53 3rd Degree Strain

60 FRACTURE

70 SEVERE PERMANENT DISABILITY (ATTACH WRITTEN STATEMENT)

80 SURGERY

Appendix C

7/79

SPORTS MEDICINE DIVISION

ATHLETIC INJURY REPORT
(FOOTBALL)

SCHOOL NAME _____ SCHOOL CODE _____

STUDENT NAME _____ DATE OF INJURY _____

1. _____ Injury occurred: (1. practice 2. game)

2. _____ Level of competition (1. Varsity 2. Junior Varsity)

3. _____ Injury diagnosed by (1. Trainer 2. Physician 3. Coach 4. Student Trainer)

4. _____ Injury (1. First Time 2. Recurring (this year's injury or surgery)

5. _____ Number of practices lost due to injury (if injured during two-a-days, count only number of days)

6. _____ Number of games lost due to injury

7. _____ Position when injured (see code sheet)

8. _____ Activity when injured (see code sheet)

9. _____ Situation when injured (see code sheet)

10. _____ Location of injury (see code sheet)

11. _____ Condition of injury (see code sheet)

_____

TAT's SIGNATURE

Appendix D

RECORD KEEPING

The following lists are suggestions a teacher athletic trainer can use to aid him/her in keeping abreast of the injuries at his/her school. Daily record keeping is an important part of caring for the student athlete. Records should be kept accurately and kept on file for references if needed. By keeping daily treatment records the teacher athletic trainer can give better service to his/her school and will be able to give better care to the student athlete. Each school is different, so it is suggested to use this list in compiling your own forms to meet the needs of your school.

Daily Injury Treatment Sheet

Design with your school in mind.

To be used each day to record treatment given to an athlete form should include the following:

- date
- athlete's name, sport and injury
- type of treatment administered (whirlpool, ice bag, ice massage, heat pack, etc.)
- was kept out of practice or limited
- was seen by a physician
- comments

Daily Injury Report (Optional)

To be given daily to the head coach of each sport.

Form should include the following:

- date
- athlete's name
- athlete's injury
- can or cannot practice or limited practice
- length of time expected to be out
- was athlete seen by physician
- comments

Doctor's Report Form

Form to be sent with athlete when attending physician

The following information is to be on form when sent to physician.

- date
- athlete's name
- TAT evaluation of injury
- TAT signature

The following areas to be included for physician's response:

- physician's diagnosis
- physician's suggested treatment
- estimated time athlete will be out of practice
- suggested reconditioning
- physician's comments
- physician's signature

Recommended Treatment Form

To be sent home with athlete.

To be used to inform athlete's parents of the recommended treatment he/she needs that day/night.

Form should include the following:

- date
- athlete's name
- injury evaluation
- recommended treatment
- length of treatment
- frequency of treatment
- physician's comments (if any)
- TAT signature

MEDICAL EXAMINATION FORM

Height _____ Weight _____ Blood Pressure _____

NORMAL		ABNORMAL	DESCRIBE ABNORMALITIES
1. _____	Eyes	_____	_____
2. _____	ENT	_____	_____
3. _____	Heart	_____	_____
4. _____	Lungs	_____	_____
5. _____	Abdomen	_____	_____
6. _____	Genitalia (males only)	_____	_____
7. _____	Musculoskeletal	_____	_____
8. _____	Neurological	_____	_____
9. _____	Skin	_____	_____

Laboratory

Urinalysis: _____

Other (where indicated) _____

_____

I certify that I have examined the above named student and that such examination revealed (conditions/no conditions) that would prevent this student from participating in the interscholastic sport listed above.

Licensed to practice medicine in N.C.? Yes No

Signature _____

Address _____ Date _____

If student not qualified, list reasons for disqualification: _____

_____

_____

(The following are considered disqualifying until medical and parental releases are obtained: acute infections, obvious growth retardation, diabetes, jaundice, severe visual or auditory impairment, pulmonary insufficiency, organic heart disease or hypertension, enlarged liver or spleen, hernia, musculoskeletal deformity associated with functional loss, history of convulsions or concussions, absence of one kidney, eye, or testicle.)

ATHLETIC PARTICIPATION FORM

This form is to be filled out completely and filed in the office of the principal before the student can participate in the school athletic programs.

STUDENT _____

SCHOOL _____ GRADE _____ DATE _____

ADDRESS OF STUDENT _____

CITY _____ STATE _____ ZIP _____

PARENT'S NAME _____ TELEPHONE NO. _____

FAMILY PHYSICIAN _____ ADDRESS _____

I hereby apply for permission to participate in the following interscholastic sports:

_____

I certify that the information in this application is correct, and I agree to abide by the eligibility rules and regulations governing athletics as set forth by the North Carolina State Board of Education and the Association to which my school is a member.

SIGNATURE OF STUDENT _____

Medical History

(To be completed by parents)

STUDENT _____ AGE _____ DATE _____

Is there a known history of:

A.	Birth deformities (one eye, one kidney, etc.)	Yes	No
B.	Known past illness of more than one week's duration?	Yes	No
C.	Medical conditions currently under treatment?	Yes	No
D.	Fractures or other disabling injuries?	Yes	No
E.	Any permanent deformity or disability?	Yes	No
F.	Allergy (drugs, food, clothing, etc.)?	Yes	No
G.	Mental disorder or convulsions?	Yes	No

Explain any above questions answered "yes" _____

_____

Parental Permission

As parent or legal guardian of _____, I hereby give my consent for (his, her) practice and play in the athletic events listed above.

I also grant permission for treatment deemed necessary for a condition arising during participation in these activities, including medical or surgical treatment recommended by a medical doctor. I understand that every effort will be made to contact me prior to treatment.

I agree to the need for a screening medical examination and certify that the medical history below is accurate to the best of my knowledge.

SIGNATURE OF PARENT _____
OR
LEGAL GUARDIAN _____

Revised Athletic Form No. 3-A

1977

STATE DEPARTMENT OF PUBLIC INSTRUCTION
Raleigh, N. C.

ATHLETIC ELIGIBILITY LIST — GRADES 7, 8, & 9

Sport _____ Sex _____ Date _____

School _____ Administrative Unit _____

Circle Classification If Applicable El. 7 - 8 Jr. Hi. 7-8-9 Conference _____

Name of Contestants--Type or Print (List Alphabetically Last Name First)	Date of Birth No. Day Yr.	Year of First Entry in 7th Grade	Has had Phy. Exam This Sch. Year	Date Enrolled Present Semester	In Attendance 60% of Past and Present Semester	Number Subj. Passed Last Semester	Check If Parents Live in This Adm. Unit.*
1.							
2.							
3.							
4.							
5.							
6.							
7.							
8.							
9.							
10.							
11.							
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31.							
32.							
33.							
34.							
35.							

*If not checked for each student give reasons by completing form on back of this sheet.

I hereby certify that each person listed has complied in all respects the requirements for eligibility adopted by the State Board of Education.

DATE _____ SIGNED _____ (Principal) PHONE NO. _____ APPROVED _____ (Superintendent)

(Over)

Data on Contestants Whose Parents Do Not Live in This School Administrative Unit

Name of Contestants	Address of Parents	Insert No.
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		

Eligible Because
(Insert No.)

1. A non-resident student who has been in attendance one full year and has been present 75% of those two semesters.
2. Any other reason. Give full explanation below.

Procedure for Filing

Five days before the first contest, two copies of this list shall be filed by the principal with the superintendent of schools who will approve and send one copy to the Director, School Athletics, State Department of Public Instruction. If securing the approval of the superintendent will delay meeting this deadline, the lists should be sent directly to the State Department with a copy to the superintendent.

Appendix F

STATE LIBRARY OF NORTH CAROLINA
3 3091 00795 5073